THINGS THAT AFFECT MY BLOOD SUGAR

BY DARCY AMOS

FOOD

- Carbohydrate portion ↑↑
- Carbohydrate type (GI) ↑→
- Fat →↑
- Protein →↑
- Meal timing ↓
- Alcohol ↓
- Dehydration ↑

SLEEP

- Somogyi effect ↓
- Dawn Phenomonen ↑
- Foot to floor ↑ syndrome

EXERCISE/ACTIVITY

- Cardio ↓↓
- High Intensity ↑
- Weights ↑
- Time of the day of exercise ↓↑
- Long periods of walking ↓↓

BIOLOGICAL

- Insufficient sleep ↑
- Stress/anxiety ↑
- Illness ↑↑
- Period ↑↑
- Pre menstrual cycle ↓↑
- Previous hypos ↓

OTHER

- Insulin absorption into subcutaneous fat ↑
- Consistency tracking insulin delivered ↓↑
- CGM alarm settings ↓↑

INSULIN

- Type of Insulin ↓
- Insulin dose ↓
- Quality of insulin (exposure to heat or expired) ↑
- Site of injection ↓
- Accidental Intramuscular injection ↓↓

ENVIRONMENTAL

- Hot Temperatures ↑↓
- Humidity ↑↓
- Cold Temperatures ↑
- Sunburn ↑
- Inaccurate BSL reading ↓

MENTAL HEALTH

- Motivation level
- Sleep quality
- Mindfulness